

"DO NOT WORRY EAT
THREE SQUARE MEALS
A DAY."

DRAWER 6A

SPURIOUS QUOTATIONS

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Abraham Lincoln Quotations & Sayings

Spurious

“Do Not Worry, Eat Three
Square Meals a Day...”

Excerpts from newspapers and other sources

From the files of the
Lincoln Financial Foundation Collection

"Do not Worry"

1851
An autograph letter of Abraham Lincoln to a friend is said to contain the following: "Do not worry. Eat three square meals a day. Say your prayers. Think of your wife. Be courteous to your creditors. Keep your digestion good. Steer clear of biliousness. Exercise. Go slow and go easy. May be there are other things that your especial case requires to make you happy, but, my friend, these, I reckon, will give you a good lift."

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LINCOLN'S PRESCRIPTION.

An Illinois farmer once wrote to Abraham Lincoln that he was in poor health, and in reply he received these rules from the President:

I think about as nice as anything

Do not worry.

Eat three square meals a day.

Say your prayers.

Think of your wife.

Be courteous to your creditors.

Keep your digestion good.

Steer clear of biliousness.

Exercise.

Go slow and easy.

May be there are other things that your special case requires to make you happy; but, my dear friend, these, I reckon, will give you a good life. I would like to play with your kitty. She said with her hands at her back, but I don't want to get my dress dirty. And I'm afraid she'll rub off cause she's black.

A DAILY THOUGHT

Do not worry; eat three square meals a day; say your prayers; be courteous to your creditors; keep your digestion good; exercise; go slow and easy. Maybe there are other things that your special case requires to make you happy, but, my friend, these I reckon will give you a good lift.—Abraham Lincoln.

True Republican

2/12/22

Happiness Recipe

Lincoln's rules for living were: "Don't worry; eat three square meals a day; say your prayers; be courteous to your creditors; keep your digestion good; steer clear of billiousness; exercise; go slow and go easy. Maybe there are other things that your special case requires to make you happy, but, my friend, these I reckon will give you a good lift."

Washington Post, Dec. 28, 1911
"at least" some evidence of it. Dec 28 1911

WORRY

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square meals
a day say your
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eous to your cred-
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ABRAHAM LINCOLN

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